

ALI NEWALL FITNESS

NEWSLETTER 2026

...or Ali's New Year Lecture- aka...
not so. much a newsletter or lecture as musings and contemplations of a
cheerily ageing fitpro

Happy New Year One & All!



I hope everybody had a wonderful Christmas and this finds you all Healthy and recovering from an overdose of jollity and lifting nothing more than your feet up.

As usual, I read last year's newsramble before I commenced this years. I see that it started with me stating that I really didn't have much news to relate – which did not stop me writing plenty! This year's a bit different...except for the ramble....

Most of you will be aware by now that I was in a car accident on December 23rd. Poor old Jazzmina is a write off - however no humans were hurt even a little bit. I am hugely grateful for that , although I can't deny it was still a pretty horrid experience. You know I consider myself to be a tuff ol'bird - but I confess I'm a bit knocked sideways.

Thus, my priority in this opening page is a heartfelt and sincere thank you for the flood of kind words and offers of support. It truly meant and means a lot – especially your kindness in understanding my need to take an extra week break. The timing can never be 'good' for these events, but Christmas is particularly 'ishy'. It was a bit bipolar to be in the Christmas spirit whilst also being fresh from a proper shock.

I have spun around like a loon to organise buying a new car. That is in hand , not least because I had some considerable help to make it happen. My daughter has been wonderfully practical and nurturing in equal doses, as has my son. My brother guided me through auto-trader and car-history-sussing. Plus, some particular chums who shall remain nameless here – you know who you are - have given their time and their ear and helped me deal with the very real stress and juggling the practicalities of it all. Because of these splendid people I am, for all intents and purposes, 'getting on top of things' .

Thank You!



With the above noted, at last I can commence writing my yearly missive. 7th January already! As I write and think, it is clear to me that the extra week has been far more necessary than I reckoned. I don't want to dwell on the event. Rather, I'd prefer to use it as my food for thought for this personal annual missive;

The **physical** effect of **emotional** and **mental** shock, trauma, stress upon the body. Upon the Person. Upon the Human.

We are all wonderfully different. Obviously, individual personalities mean we react somewhat uniquely to Life. One person's 'disaster!' can be another person's 'meh?'.

Notwithstanding, physical health status can make a huge difference to how we cope with the unexpected – physical, emotional or both. That becomes ever more germane the older our own unique biological machine is. This is not 'Einstein' news, but for me it has been reinforced with recent events for my fresh consideration. There is no doubt in my mind that my good fitness status meant I was able to deal with the physical 'impact' of the accident. Not that it was huge, but it was significant. Air bags blew but I didn't get touched by them because my body reacted - was able to react - very quickly to the whole thing. The banal practicalities of sorting Insurance and purchasing a new car at such speed have been inconvenient – requiring time and a brain-noodling amount of research, email juggling, and small print, for sure. But I have to be honest and declare that even if I had not needed a car, I would have still needed the extra week. An amount of upset and trauma was inevitable of course. But it has, in fact, affected me emotionally far more than I would expect of 'me', to date. The decision to take the extra time to decompress was far more because I recognised from my behaviours that I was, well .. 'compressed' ! Still am, a bit. It occurred that I really don't think I would have been so affected back when I was, say, 50 or younger.

Well, there's 'A Thing' ! Made me stop and think. A lot.

As is my wont



So, my questions are, "why?" and "how can I best put this experience to useful personal and professional purpose?"

The answer to the "why?" is twofold; the unique 'me' factors, but physiologically its essentially, Cortisol. I'm not going to cover Cortisol et al here – it's a huge subject all on its own, but I am definitely having to acknowledge that my hormonal reaction - to everything – is a little altered now.

* Onward with the Ali research - everything in life throws up an opportunity to learn. [Cortisol /thyroid/ hormone interaction as we age ... an AHAClub chat?]



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But before you go thinking "ay'up - Ali's gone all soft!"

I also acknowledge that precisely because of that acceptance of [my] 'down grade' I need, [humans need] to up their Health game exponentially as we age. There are three natural stressors of the body, namely & in no particular order; Chemical, Emotional, Physical.

They are inextricably linked. It is a fact of ageing that physical events can take an increased emotional toll, which is all things chemical in the body and brain. We react differently – for all sorts of reasons, personal, current and cumulative.

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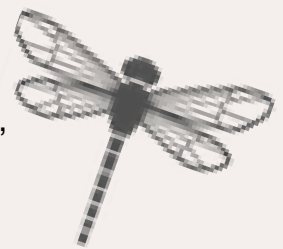
Methinks it follows, then, that the more physically strong we are and the more healthfully we feed and care for our machine , then the more we can mitigate those stressors. I'm allowing a week for me because it makes sense. I wouldn't want it to take longer. Indeed, I couldn't 'afford' it to take longer in all senses of the term. Plus, I have to weigh the benefit balance. And this is where I feel I can put this experience to best use within my work. **Wellbeing**, yours and mine, is my purpose.

I think most of you will agree that we live in extraordinary times at the moment. The years since 2019 have seen our world alter dramatically . Our individual lives run relentlessly underneath all of that worldly stuff that we are variously sensitive to. Is it any wonder, then, that today's most urgent health issues centre around Mental health and it's subsequent multiple physical manifestations of those three stressors. Short or long term.

I won't bore you with my own physical manifestations here, but they're noticeable and I'd be a (unprofessional) twit to ignore them. Consequently, as a both a Fitpro and at a personal level, I have to ask myself this question: "as a result of my reaction to this event and, indeed, the cumulative challenges I was involved with over 2025, [what] do I need to change?".
YEP!

Personally: Re-brand Self – inwardly as well as outwardly.

I have decided to re-brand. My new logo is the Dragonfly. I've always had a fascination with them. They are said to represent 'Transformation' . Phylogenically they are ancient, resilient, and adaptable. Spiritually, I can resonate with that! It's also a beautiful and positive way of acknowledging my own 'watershed' birthday of 66 and that I'm 1% (I refuse to accept more!) less bullet proof. I am also going to look at my workload and make some alterations to reduce and rationalise it to suit the 'now'.



Professionally: Two things - Primal Physicality and Website Portals.

You are aware that I constantly research and query to ensure I am current and as accurate as possible in any given moment with my knowledge. This is so I can instruct you all correctly and appropriately with all your individual needs , even within group lessons. I'm 40 + years a FitPro. My peer age group has come along with me, and my main focus has naturally morphed into Healthy ageing . You have all heard me refer to 'primal moves' and I popped a couple of them into classes over 2025. Recent events and observations have convinced me more than ever that this area of training is vital and needs careful emphasis as we age.

I know some of you may find the term 'primal' intimidating so let me reassure with explanation. In fitness terms Primal means 'natural' + 'essential'.

For example:

- *The ability to easily go from upright to floor and back again
- *The ability to walk a good distance or stand a long while without discomfort
- *The ability to break into a run , sprint, stop short, move suddenly in any direction
- *The ability to grip securely and maintain grip, ability and dexterity of digits
- * The ability to use and maintain full range of available motion through every joint
- *The ability to maintain strength of the musculoskeletal frame and flow of movement
- *The ability to use and bear one's own body weight through all planes of movement
- * The ability to balance , resist, push, pull, lift, carry, climb, hang, spring, plant,adapt

All of these are Primal Activities - innate to the Human Animal. Not really extraordinary in any way when you think about them. As a 6 year old. As a 30year old. But at 66>>?

It's arguable that we 'allow' ourselves to lose ,compromise or accept excess degradation of these abilities within the reasoning of ageing. To be fair, this makes all kinds of sense when one considers what and how we are taught. Then add our observed and lived experience of the arc of growth and movement from babe to senior. And of course there IS ageing. It's a fact. I'm personally having to acknowledging that right at this moment, hence this essay. I'm not suggesting one ignores or denies, but we do need to consider modern lifestyle effects and nutritional habits upon it.

So, consider too, that at all stages of our lives these Primal, natural human activities underpin four more equally vital things:

- * The ability to withstand & recover from accident, shock, trauma
- *The ability and speed of recovery from illness and repair from injury or surgery
- * The ability to grow or maintain cognitive function, nervous system, immune function
- *The ability to mitigate and reduce negative processes of ageing
- ...all of which are easier when we 're younger(er)

I believe in recognising ones age from both sides. By that I mean;

- *Respecting the age we are in years, being realistic about what [a] body has endured and altered or damaged along the way
- *Adapting and striving for as younger biological age as possible

The majority of my clients are 50 <> 64 age bracket. I'm older. For those of my clients who are a tad older than me or under 50, your needs are no different just the pace and goals naturally differ. And for my newer clients, you are in the great position of including these principles early in your training with me. I hope I'm a better instructor because of them. Primal training benefits every human – that's important to me as I have clients with some serious challenges.

Primal genre can be adapted and held at a point to suit each of us. That's the idea. My cogitations are that there are some definite areas for improvement and variation to ensure that I offer the most effective Fitness for my clientele with the above in mind.



So for 2026 ; It is my intention to introduce more primal based work in small but effective lessons within each term. I will build it VERY slowly , introducing absolute basics , giving everyone the opportunity to comprehend, practise , develop, question, and learn adaptations. All that said, it won't be a massive change so don't worry that everything is going to be 'all different' at class or you won't be able to do it.

Remember , my concern is YOU, we'll still do all The Good Stuff :o) But I'm really hoping a new focus will help you assess a realistic current status of your fitness. How you decide where you want, or need, to be with that your choice. I will guide and support, of course. That's my job! I don't know about you, but until I pop me'clogs , my aim is to do all I can to keep me independent, off meds, and out of hospitals or care homes.

We shall develop this extra format gently **together** because , as I have had proven to me very clearly three weeks ago , you never know whats around the corner. We all need to take as Best Care of Self as possible.

Portals

To that end it is my [grand] intention to start creating short videos that can be accessed via portals on my website. To offer exercises to follow with me that you can access to top up your weekly class or PT. I also hope you will access exercise when I'm on holiday, when you are and when you can't make class one week. I also hope to create remedial exercise portals. These Portals are in the 'envisage and go-create' stage, so please bear with!

My huge thanks to Emily King for her assistance and guidance with this and the re-design of my website. Tech stuff is waaay out of my skillset and I'm indebted to her for her patience and expertise. The website basics should be complete very soon with Dragonflies akimbo.

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So, from January 12th it's onward and upward. Obviously, I will continue to keep you abreast of all things 'Health & Fitness' - anecdotally the trends and the blurb , and inform you promptly of serious or pertinent research.

We shall come back gently, I promise. Remember, I AM 1% down



A couple of important admin requests

Please may I request everyone to complete a fresh ParQ for 2026, attached, so I have your up-to-date contact details and current physical status. You can download and bring to class, or I can download copy & delete digital , or you can grab from me. I have hard copy of both Fees and ParQ in my kitbag.

Please also find attached my updated fees for 2026 for your perusal. New fee effective immediately for PAYG. New fee effective from 1/6 of your next class or PT term in 2026. I shall be in touch with each group and my PT's to confirm dates and where we all are with terms/ dates carried over 2025 > 2026

May I thank you all so much for your custom. 40 + years into my one-woman business and no one is more surprised than me that I'm not only still Instructing but learning more and loving it as much as ever.

You, dear client, are more valued than you can know. I look forward to training with you and caring for your Health and Wellbeing in every way I am able throughout the coming year.

May 2026 be kind and generous to us all.

My Best, Ali :o)